

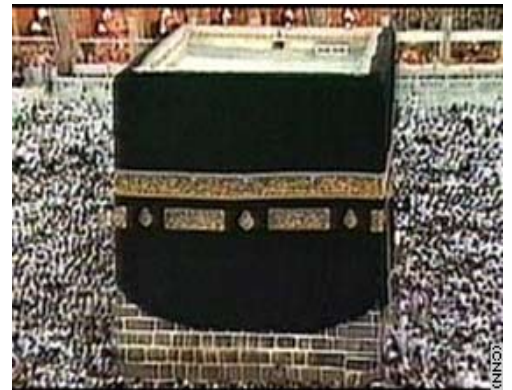
Health Guidelines for Umrah Pilgrims

(A public service message from IHS)

Your journey to the Holy Places will be the most valuable treasure of your life. May Allah maintain your health to perform your religious obligations with full energy and concentration. Following are a few suggestions for your health benefit:

Before Leaving Pakistan

1. Start some regular **aerobic exercise** like walk or jogging a few weeks before departure as you will have to walk at least 4 km while performing Umrah and then for each Tawaaf e Ka'aba depending on the rush you will have to walk more.
2. In the Haram you have to walk with **naked feet** so you may get a feel of that as well before leaving to prevent development of blisters later.
3. Have a **general medical checkup** from a Physician to ascertain your health status. Ideally take this examination about 10 days before departure.
4. You cannot get a medicine without prescription in KSA. Medicines are a bit expensive also. Its better that you take all your medicines from Pakistan but with a supporting valid **stamped prescription from your doctor**.
5. Get **Flu & Meningitis vaccine** shot at least seven days before departure. For complete coverage you can also take vaccination against Hepatitis A & B, Typhoid and Cholera.
6. Take **facemask** with you if you have a sensitive throat or nose.
7. If you wear **spectacles** take an extra pair of glasses if you loose or break one.



While in Saudi Arabia

1. **Eat less**. Follow Sunnat e Rasool (PBUH) by keeping 1/3rd stomach for food, 1/3rd for water and the remaining for air. You will not need the toilet frequently and with the same wuzzoo can pray for a longer time.
2. Take **simple food** without spices. Packed food is more hygienic than the one you may get from street hawkers. Eat **more fruits**.
3. Saudi Arabia has an excellent health system. If you fall sick ask your Group Leader and he will guide you or otherwise you can go to the **dispensary of Pakistan House**.
4. Many people develop **cough** during their stay. Do saline (salt water) gargles daily; take green tea and some simple anti allergics but if you are having fever see a doctor, as you may need an antibiotic. You may also take a few sachet of Joshanda with you as you will not find this in KSA and it is pretty helpful in flu.
5. Drink as much of **Aab e Zamzam** as you can. It will not only quench your thirst and hunger but is also a cure for many diseases.
6. Use your own **prayer mat** to avoid inhalation of dust from the carpets during Sajdah.
7. Wear **facemask** when in crowded place to avoid droplet infections like Flu.

Back in Pakistan

1. Take a good **rest for 2-3 days** before getting back to work.
2. If you have developed a cough you must see a **Physician** as often such coughs take weeks to be cured if left on its own.
3. Last but not the least remain **steadfast on the right path** for the rest of your life and pray for Pakistan, the Muslim World and for me and my parents too!